



Detailed Diabetes Diary

Keeping a detailed diary which captures all the relevant information can be a useful tool when discussing carbohydrate counting and insulin dose adjustment with your diabetes team.

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Evening	Mid-Evening	Supper
Food							
Amount Carbohydrate							
Blood Glucose							
Bolus Insulin							
Basal Insulin							
Activity							

